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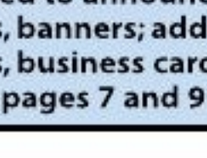
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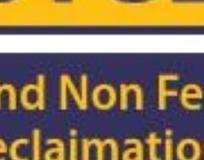
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Contact:
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Further information:
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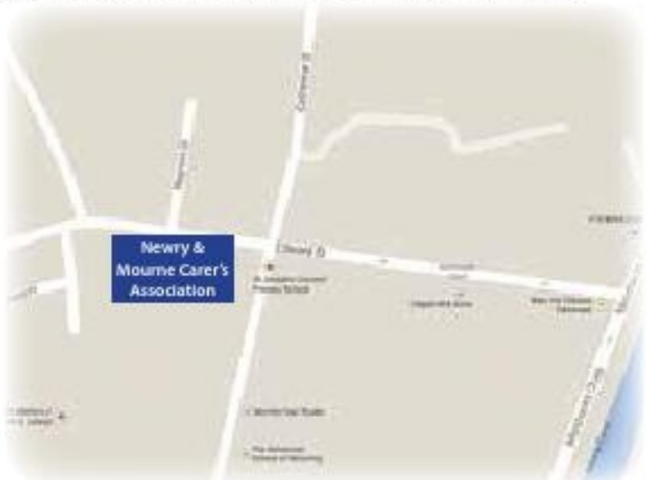

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YOUR *BEST* BODY EVER

Celebrity fans include Kim Kardashian & Christina Aguilera

It's a new year and a fresh start. Time to take action and get back in shape! We consulted the experts at Therapie Clinic.

Every holiday season, we tell ourselves that we shouldn't indulge, so that we can stay healthy and start the new year with a bang. But, what if a little indulgence actually makes me healthier overall? Time with family and friends over a nice meal can really make the festive season.

But when we return to our daily routine we can be left with the lingering feeling that some restraint could have helped! Let's face it, those pesky few pounds that were supposed to melt away with the new gym membership haven't lost themselves. Release those deep breaths - there's hope in sight, and it's called The Mini Tummy Tuck.

Over the past few years there's been a growing trend in body contouring and body shaping procedures that shrink love handles and reduce fat and cellulite on the abdomen, belly, back, arms, thighs, hips and buttocks. Therapie Clinic was one of the first beauty clinics to start the revolution in Northern Ireland, and they're helping clients reduce stubborn fat deposits for good - without going under the knife. Yep - we're serious.

The best part? It's completely non-invasive. No surgery, no knives, no long recovery times. The treatment has come all the way from Hollywood with a celebrity following that includes Kim Kardashian, Christina Aguilera and Britney Spears. The clinic has reported a record demand for the treatment since it's launch. There is now a waiting list in two of the clinics in Northern Ireland.

It almost sounds too good to be true, but the process is grounded in scientific research which has found that applying heat and cold to troublesome areas helps melt fat cells while leaving skin and muscle tissue unaffected. Treatment takes place using FDA-approved technology, with individual sessions lasting up to 70 minutes.

You can typically expect to see results within *two weeks*

Clients meet with Therapie Clinic's specialists to discuss the best treatment options for their Mini Tummy Tuck, depending on their individual body shape. The Tummy Tuck employs a bespoke approach of freezing and heating techniques in order to maximise fat loss. The blended programme can reduce fat by up to 40%.

You can typically expect to see results within two weeks. It'll take about 90 days to see the full effects of the body blitzing fat detox. One of the best features of the Mini Tummy Tuck is that it

Before After

can work for different body types: it's great for those who are fit and near their optimum weight but still have problem love handles or cellulite. The treatment is also hugely beneficial where clients want to target their tummy area post pregnancy. If you want to see measurable results; toned skin and an improved silhouette, try the non-invasive mini-tummy tuck at Therapie Clinic.

Clinics include Donegall Place in Belfast, Carlisle Road in L/Derry, Merchants Quay in Newry and a new clinic in Enniskillen. Call Therapie Clinic for a free consultation on 08000 121 565 or see www.therapieclinic.co.uk.

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As the winter league draws to a close at Kellys Golf Centre the tension is building. Only 5 points separate the top 2, Rian Carvill and Micheal Colhoun. However, Anthony McAteer and Matthew Lynch are providing some fierce competition for the top 2, with a late charge and some great golf. Will it be enough to stop Rian Carvill winning his 3rd Winter League in a row though?

The turn out every Saturday morning has been terrific from all the local young golfers as they are keen to get some practice in! Regardless of the weather they still turn up and come in with some fantastic scores. Don't be surprised if you see a young Rory or Tiger coming from Kellys Golf Centre in the next few years.

The Saturday classes are back "in the swing" after our Christmas break and so far we have had a great turnout of young kids interested in learning about golf. There are two classes running every Saturday 12 - 1pm for 5-8 year olds and 1 - 2pm for 8-12 year olds. The classes are jam packed with fun from practising their short game, fun activities out on the course and practicing their long game in the Driving Range with the resident PGA coach Dougie Bell. The classes run for 6 weeks and only cost £30 per child. It is an opportunity not to be missed as it is a great way for your child to learn the basics and put their skill to the test on the Par 3 Pitch and Putt at Kellys Golf Centre.

The Trackman is now up and running at Kellys Golf Centre and is proving to be a great success as many local golfers are itching to try the device that Rory and Tiger use to improve their golf. It is available for use in lessons with Dougie and is also available to hire for more information why not call Kellys on 028 4177 3247 or 'Like' Kellys Golf Centre on Facebook to see some videos of our local golfers making use of the "Trackman."

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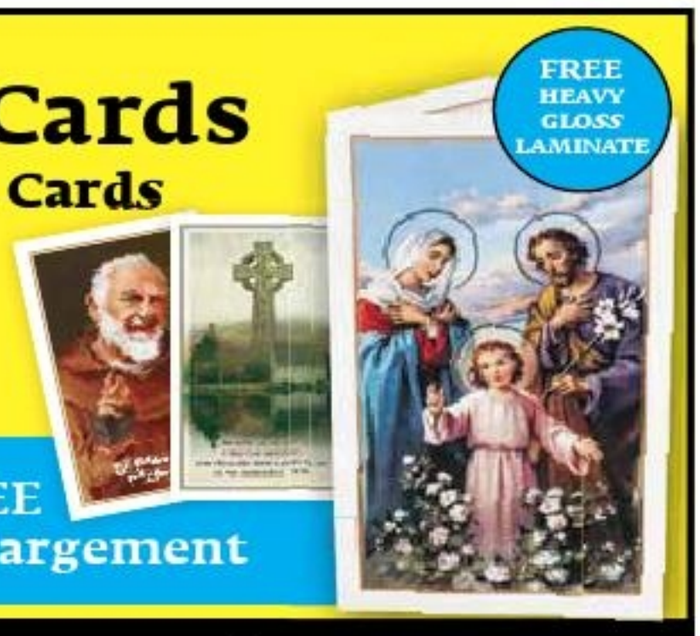

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- Anne from Newry.

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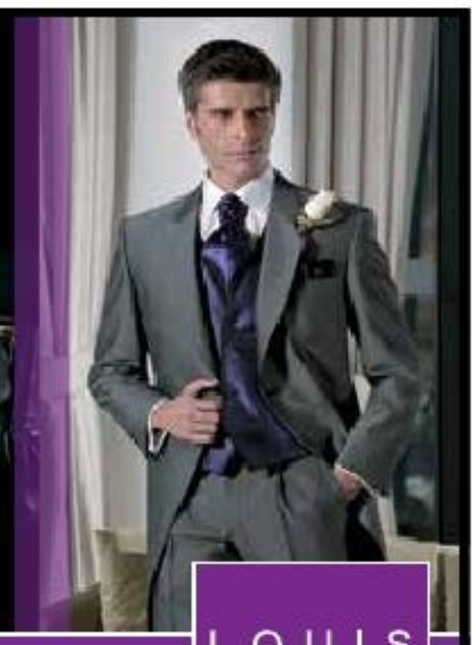

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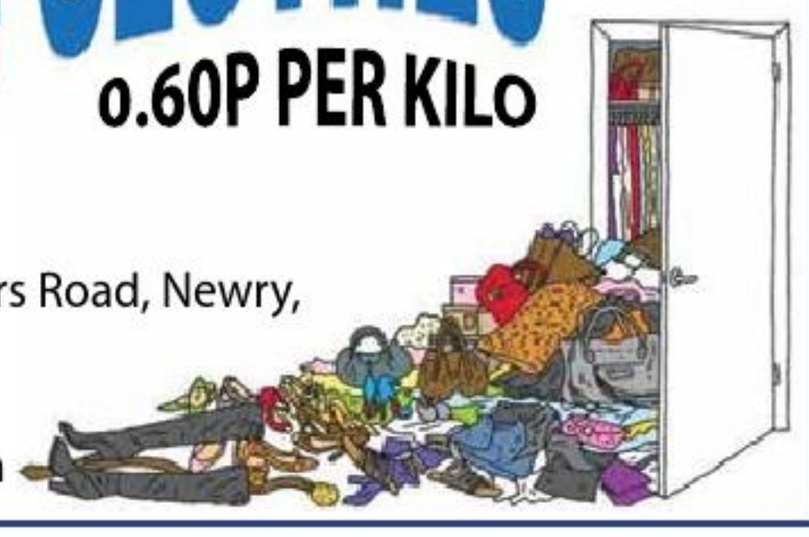

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Coping with Panic Attacks

Anyone who has ever had a panic attack will relate to it as one of the most frightening experiences they have ever had. It can hit like a bolt of lightning, and for many people the panic can continue - sometimes on a daily basis. Some people can be reluctant to tell family or friends what they are going through. So they live in a hell of unbearable silent fear. Yet it can be so, so different. Modern developments in brain science have given us access to very practical tools for coping with and eliminating panic attacks completely. Let's take a look at what causes panic attacks.

Mark (32) was watching TV one night with his partner and two young children. Suddenly he felt his chest tightening. He found it increasingly hard to breath. He broke out in a cold sweat. He felt the room was closing in around him. His heart was pounding. He could not sit still, and felt faint when he stood up. He just wanted to "get out". He was terrified. He had never felt like this before. Mark was having his first full blown panic attack.

Mark's partner took him to A&E. The medics found nothing

medically wrong. The next day his GP suggested he may have had a panic attack. Mark thought this unlikely as he did not think he was overly worried about anything. A few days later, after two more panic attacks and on the advice of his doctor, Mark went to see a therapist.

When talking to the therapist Mark was astonished to realise the number of stressful changes that had taken place in his life over the last 14 months. He had a new job where his supervisor was setting him more and more difficult work. As a result he was working long hours, had little time for his kids, had frequent headaches and his relationship with his partner was strained.

The therapist explained the connection between the stress and the panic attacks and taught Mark some coping techniques during the very first session. The panic attacks stopped over a few weeks, and in a few more sessions, Mark learned how to cope with the stress and be more assertive with his supervisor. He recovered completely.

Our bodies warn us when we are over worked, stressed or worrying too much. Sometimes we ignore the early warning signs. If we don't pay attention, and change our life style and/or learn some coping skills persistent worry, anxiety and panic attacks can result. When a person is having panic attacks the body is telling them that "they need immediate help!"

If you are anxious, and having panic attacks book an appointment with Paul Grant. Paul runs a private therapy practice in Newry and helps people on a daily basis to deal with anxiety and panic attacks.

To contact Paul for advice or to book an appointment call 077 3973 1424, e-mail paul@paulgranthgtherapy.com or see www.paulgranthgtherapy.com for more information.

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We all have to face life's struggles and challenges; bearing the grief of losing people we love; living with regrets; hurting with disappointments; burdened with illness; failing in relationships, at home and in work. These are disturbing but normal emotional experiences. However, when feelings become overwhelming; the future looks hopeless; you've lost interest in the world, all accompanied by physical symptoms, and this goes on for a long time then you may be clinically depressed and it is time to seek specialist help.

Dr. James Urquhart is a Clinical Psychotherapist at The Newry Clinic and has many years experience of successfully treating depression and anxiety. For an immediate appointment, please ring him at 028 3025 7708.

The Newry Clinic

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Fax: 028 3026 6291
Email: **appointments@newryclinic.com**

New Private E.N.T Medical Services available at The Newry Clinic

Open Monday to Friday

New E.N.T Service available to both adults and children

Here at The Newry Clinic we pride ourselves on being able to help patients with a variety of illnesses affecting the ear, nose, throat, head or neck by providing both diagnosis and a range of treatments on our premises. There is no need for lengthy referrals to other medical facilities as comprehensive ENT care is now available in our clinic

The clinic offers a range of treatments including

- **Ear wax removal**
- **Hearing Tests**

If you are tired of waiting for an appointment contact us and see how quickly you can be seen and treated.

All of our services are provided by experienced senior medical staff.

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Fax: 028 3026 6291
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Private Medical Services based at The Newry Clinic

Open Monday to Friday

If you are tired of waiting for an appointment contact us and see how quickly you can be seen and treated.

- E.N.T. Clinics for adults and children
- Hearing Tests/Ear Wax Removal
- Ophthalmic Services
- Renal Medicine
- General Medicine / Gastro-Intestinal Clinics
- General Surgical Clinics / Bowel Clinics
- Orthopaedics' & Joint Injections
- Gynaecology / Family Planning
- Speech and Language Therapy
- C.B.T Counselling Clinic / Relationship Counselling
- Diabetic Clinic / Dietician Clinics
- Medical Cosmetic Clinic

All of our services are provided by experienced senior medical staff.

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Email: **appointments@newryclinic.com**

Dr. James Urquhart MA Dip Psych MBA Ph.D
Clinical Psychotherapist/Counsellor
The Newry Clinic

If you feel that an emotional problem is affecting the quality of your life, I can help to make things better.

- You may be stuck in **depression** and feeling there is no way out; what memories or feelings are such weights on your shoulders that they prevent you facing life?
- You may be suffering **deep anxiety and panic** with unbearable worry or fear preventing you from engaging with life.
- You may be experiencing **toxic relationships** at home or at work and cannot find a way out.
- You may be severely **stressed or burned out** by expectations that you cannot meet. Do you wonder why you cannot cope?
- You may be traumatised by present or historic **emotional, physical or sexual abuse**. Do you want your voice to be heard?

If you are suffering from any of these emotional problems, or related ones, like **addiction, bereavement or post-traumatic stress**, you are not alone.

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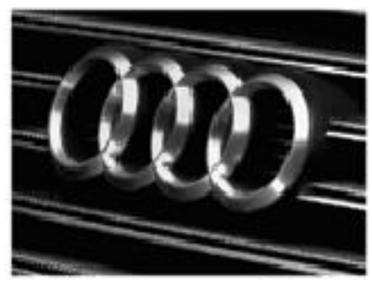

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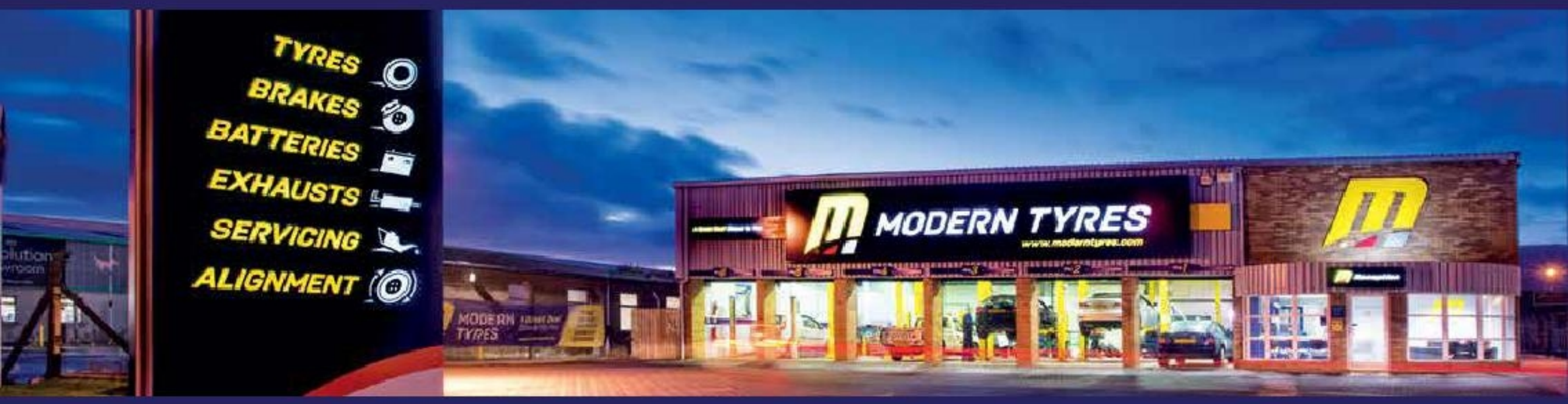

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MPG figures are achieved under official EU test conditions, intended as a guide for comparative purposes only, and may not reflect actual on-the-road driving conditions. #Terms and conditions apply, participating dealers only or visit www.peugeot.co.uk. A guarantee may be required. Written quotations available from Peugeot Financial Services, Quadrant House, Princess Way, Redhill, RH1 1QA. Personal Lease contract example, 2008 Active 1.2 VTi 82 initial payment £795, optional final payment £5,660, 48 monthly rentals of £189 based on 6,000 miles per annum. If you choose to pay off the optional final rental, you can pay an annual rental equivalent to one of your monthly rentals but will not own the car. Ownership is possible with Passport, ask your Dealer for details. Excess mileage charges may apply. Retail sales only. Calls may be recorded for training purposes.

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*Prices shown include delivery to dealer, number plates, 20% VAT, 12-month Government road fund licence and £55 first registration fee. Prices shown are Manufacturer's Recommended Retail Prices, which apply to new Dacia vehicles when ordered by 31 March 2015 Metallic paint available at an additional £495.

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Sony Sound Bar Was £199 · Our Price £99 · Save £100	Samsung Blue Ray Player Was £159 · Our Price £89 · Save £70	Beko 7kg Vented Dryer Was £199 · Our Price £149 · Save £50	Beko 7kg 1200 Spin W.M. Was £299 · Our Price £229 · Save £70
Samsung American Fridge Freezer Was £1099 · Our Price £749 · Save £349	Samsung 7kg 1400 Spin Washing Machine Was £499 · Our Price £329 · Save £170	Zanussi Touch Control Ceramic Hob Was £229 · Our Price £169 · Save £60	NEFF Stainless Steel Single Oven Was £499 · Our Price £329 · Save £170
Zanussi Vacuum Cleaner Was £99 · Our Price £59 · Save £40	LG 22" LED TV Was £199 · Our Price £129 · Save £70	Bosch Dishwasher 12 Place Setting Was £329 · Our Price £249 · Save £80	Hisense American Fridge Freezer Was £799 · Our Price £599 · Save £200

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